

ILR 2023-24 Board Member Biographies

JOHN HAMMOND – Interim President

Vice president John Hammond is serving as interim president after an unexpected change in circumstance prompted our elected president to step down.

JOHN HAMMOND – Vice President

John has been a member of ILR since 2017. Born in Brooklyn, NY (as are many others, it seems), he has BA and MA degrees in Philosophy and served as a U.S. Navy Supply Corps officer during the Vietnam War on the hospital ship USS SANCTUARY (AH-17). He began a 16-year career in journalism as a reporter and editorial page writer for the Rochester (NY) *Democrat & Chronicle*, then transferred to become the environmental reporter for *Florida TODAY* in Melbourne, FL. The next relocation gained him a job with the Norfolk Naval Shipyard as a video-scriptwriter for industrial training tapes, which soon led to an opportunity to become Training & Documentation Administrator for all business process and government-software training for the Advanced Industrial Management (AIM) program within naval shipyards. He retired from federal service in 2012 and writes occasional guest columns that have appeared in *The Virginian-Pilot*.

John has been married for 49 years to Dr. Ann Hammond, a now-retired clinical psychologist (and ILR member). Ann was the instigator of the various transitions cited above as she achieved her various graduate degrees leading up to an internship at EVMS. She worked for 7 years as a civilian psychologist at the Portsmouth Naval Medical Center, and now offers pro bono coaching to fellows in The Honor Foundation, a program assisting retiring U.S. Special Forces personnel with their transition to civilian employment.

ANITA CHASTAIN – Secretary

Anita was born on the Eastern Shore of Virginia but mostly grew up in Newport News and has a BA in Interior Design from Virginia Commonwealth University. She worked for 36 years in the Washington, DC metro area as a commercial office space planner and project manager before moving to Virginia Beach upon Ken's retirement, where she continued to telework for 3 years before retiring from the American Red Cross National Headquarters. Anita served in several volunteer board positions with the DC chapter of the Institute of Business Designers (now International Interior Design Association).

Anita and her husband, Ken, have been married for 25 plus years. They are active in their church, where Anita is a Greeter. Their other interests include travel, reading, and board games. Anita has continued to volunteer with the American Red Cross in the Home Fire Safety Campaign, as a blood drive ambassador and as a regular blood donor. Anita joined ILR in 2017 but was unable to actively participate until after retirement. They have no children, just one fluffy ragamuffin cat.

SANDRA (Sandy) FALLON – Treasurer

Sandy was born in Kansas and then moved to Lexington, Kentucky with her family when she was in middle school. After receiving a BA degree in Math, she studied Accounting and Business and

obtained a license as a CPA. She worked for 6 years in local accounting firms, developing a specialty in bank auditing and taxes. She then spent 12 years performing various accounting and finance functions for a regional banking organization. After moving to Virginia Beach, she made a career move to support and development of accounting and financial software. She retired after a rewarding “second” career of 18 years.

Sandy and her husband enjoy traveling with a goal of visiting each state in the U.S. and each continent on the globe. Sandy joined ILR in 2016 and has enjoyed learning more about many interesting topics. She has served as the ILR Treasurer for the last 4 years.

JOSIE COLLIER – Member-at-Large

Josie has been a member of ILR for five years. During this time, she has enjoyed going on ILR trips and attending classes and social events, all while making new friends. Prior to retirement, she worked 45 years in the Virginia Beach school system, five years as a teacher and the rest as a school counselor serving all grade levels, elementary – high school. Josie is a native of Chesapeake and has lived in Virginia Beach since 1974. She is married and has one daughter.

PATRICIA (Pat) DRYER – Member-at-Large

Following retirement, Pat became an ILR member in 2017 and quickly took advantage of the many interesting enrichment classes, social activities, and travel opportunities offered. She enjoyed the trips so much, that she soon joined and remains a Travel Committee member learning from the best.

Originally from Maryland, Pat has lived in this area for most of her adult life. She retired after 34 years with Virginia Beach City Public Schools as office manager in Psychological Services.

Pat has been blessed with three children, five granddaughters, and three great-grandchildren. In addition to ILR, she stays busy enjoying time with family and friends, singing in her church choir, gardening, frequently visiting Norfolk Botanical Gardens, and loving on her sweet dogs.